

NOW WHAT DO I DO WITH ALL OF THIS GREAT TOUGAS FAMILY FARM FRUIT?



A SOURCEBOOK OF INFORMATION ABOUT OUR FRUIT, RECIPES, AND
HOW TO PRESERVE THEM FOR WINTER ENJOYMENT

TOUGAS FAMILY FARM
234 BALL STREET
NORTHBOROUGH, MA 01532
3rd Edition

ABOUT OUR FARM & FRUIT

NOW WHAT DO I DO WITH ALL THIS FRUIT?

We here at Tougas Family Farm hope that you have enjoyed your trip to our farm to harvest your fruits and berries. Now that you are at home, we have suggestions for how to use your bounty and how to "put it by" for the winter. Read this cookbook for ideas for fruits coming later in the picking season and mark those seasons on your calendar so that you don't miss out!

FAMILY FUN AT TOUGAS FAMILY FARM

There's much more to do at the farm than just fruit picking. The children in the family are welcome to help harvest the fruit with careful adult supervision, and then they can play in the Play area and visit with our barnyard animals. In the fall we offer weekend hayrides out to the apple orchards and the pumpkin patch. We also have Farm Adventure Birthday Parties for the kids. Be sure to stop in at the Farm Kitchen for farm made shortcakes, pies, sorbets and lots of other goodies!

5 A DAY FOR BETTER HEALTH

is a program sponsored by the National Cancer Institute and the Produce for Better Health Foundation to encourage Americans to eat at least 5 servings of fruits and vegetables every day for good health. A serving is a medium piece of fruit, 1/2 cup of fruit or cooked vegetable, 3/4 cup (6 oz) juice, 1 cup leafy greens, or 1/4 cup dried fruit.

Weather and customer demand determine our supply of ripe fruit available for picking. Please call our picking information line at **508-393-6406** to check conditions before leaving for the farm.

Daily Picking Information	
/Voice Mail	508-393-6406
Tougas Family Farm Kitchen	508-393-1816
Farm Stand/ Tour Bookings	508-393-6470
Fax	508-393-1834
Website	www.tougasfarm.com

CROP	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
Strawberries					
Blueberries					
Blackberries			not available 2004		
Peaches					
Raspberries					until hard frost
Apples					
Pumpkins					

These dates are approximate and can vary from year to year by as much as two weeks either way. Always call ahead to check hours and fruit availability

ABOUT OUR FARM & FRUIT

ABOUT TOUGAS FAMILY FARM

Tougas Family Farm is a family oriented Pick Your Own Fruit farm which is family owned and operated by Maurice and Phyllis Tougas. When we purchased the farm in 1981 it had been a Pick Your Own peach and apple orchard for many years previously. We have diversified our crop offerings as well as added a Children's Playground, Barnyard animals, and the Tougas Family Farm Kitchen which serves pies, crisps, fruit slush, ice cream shortcakes, as well as many other goodies.

In 1986 the rights to develop the farm land were sold to the Commonwealth of Massachusetts through the Agricultural Preservation Restriction Program. This ensures that the valuable agricultural land will remain protected. In 2001 we purchased 38 acres of land next door in order to preserve the farmland and allow us to do a better job of crop rotation.

Over the years we have enacted an aggressive replanting program that is probably most noticeable in the apple orchard with the replacement of the large standard size apple trees with orchards of dwarf trees. The advantages of dwarf trees are many, both to the grower and to the consumers, primarily in the ease of care and harvest, and the premium quality of the fruit. We have also installed irrigation over most of the farm, ensuring excellent quality fruit even in dry seasons.

For many years we have worked closely with the staff of the University of Massachusetts to grow our fruit using Integrated Pest Management (IPM) techniques. IPM is a way of growing fruits and vegetables with its goal being to grow the most profitable crop with the least possible interference. We hire scouts who check our fields weekly for insect pests and diseases. With IPM, sprays are applied only when necessary, and not on a calendar schedule as had been done in the past. We recognize that there might be insect pests in the fields, but until they are present in sufficient numbers to do serious economic harm to the crop, we will not spray. We use the least toxic materials that we can to do the job; many are used by organic growers as well. If we are to maintain good crop yields and pleasant picking conditions, we must enlist you, our pickers, as partners. If ripe fruit and berries are left in the fields where you have picked because of spotty picking or waste, they become hosts to many insects or diseases which cannot be controlled, and we lose much of the crop. Please use care in your harvest of fruit. If you need assistance or guidance, please ask a harvest guide to help you. Enjoy your visit and your fruit!

STRAWBERRIES

Our Pick Your Own Fruit season begins with strawberries harvested in mid June through early July. Fresh strawberries are an excellent source of Vitamin C, containing more than even oranges, as well as a good source of fiber. They contain iron, and have about 60

calories per cup. Strawberries are also an excellent source of ellagic acid, a naturally occurring compound which may be an inhibitor of certain chemically induced cancers.

Strawberries grow wild in both the Old World and the New World, and have been under cultivation since the 14th century. The Latin name, *fragaria*, refers to its delightful fragrance; the English name refers to its straying growth habit.

When picking strawberries, choose fruit that is fully ripe. Pinch the stem, don't pull the berries as they are crushed in the process. We recommend that trays be filled about level with the sides in order to reduce the amount of crushing. Do not leave berries in your car for a long period of time. At home if you are not going to process the berries immediately, divide into smaller containers and refrigerate. Strawberries will keep at home under refrigeration for several days. Plan to pick several times during the season so you don't overwhelm yourself with berries that have to be used up quickly.

Rinse strawberries just before use and before removing caps. Once caps are removed the storage life of the berries is drastically reduced.

Most people enjoy strawberries fresh, as toppings for shortcake, angel food cake, cereal, pancakes, and ice cream. When preserving strawberries for winter use, the best methods are freezing, jamming and freezer jam. Canning strawberries is the least preferred method of preservation as the cooking process causes them to fade and lose flavor.

Choose the method of preserving the berries to best suit how you plan to use them. Try several different methods to see which ones you prefer. Berries sliced and frozen with sugar are great for mid winter shortcake and toppings or used for homemade ice cream. Puree them for beverages, sherbets, and meringue pies. Add to Jello using the juice as part of the cold water. Berries frozen without sugar whole can be used as is (do not thaw completely!) or further processed as needed. When cooking with berries frozen with sugar, you must adjust the amount of sweetener in your recipe to compensate for what was added.

RASPBERRIES

Raspberry season comes twice a year at Tougas Family Farm, in July and again late August or early September until a hard frost. During hot weather, it is best to pick raspberries in the cooler morning hours as they tend to soften. Refrigerate berries as soon as possible. Raspberries have a short life once picked, only a couple of days, so be ready to freeze what you can't use right away.

Raspberries are ripe when they are deep red and come off the bush easily. The receptacle, which is the white part connected to the stem, remains on the plant.

Red raspberries are high in vitamin A as well as vitamin C. They contain about 70 calories per cup.

ABOUT OUR FARM & FRUIT

BLUEBERRIES

The blueberry is one of only two uniquely American fruit, the cranberry being the other. Wild blueberries grow either in high bushes or close to the ground (low bush). Our berries are high bush berries with generally larger fruit due to careful pruning and watering. At Tougas Family Farm our blueberries are generally harvested mid July through early September.

Blueberries are at their sweetest when they are allowed to remain on the bush for about a week after turning blue. Therefore, be sure that the berries you pick are blue, and not purple! Once brought home, berries will keep about a week in a covered container. Wash before using, not before storing. Frozen berries are best if used within a year.

Blueberries are a good source of vitamins A and C, and have about 90 calories per cup.

BLACKBERRIES

There are many types of blackberries, both wild and cultivated. At Tougas Family Farm we grow thornless blackberries, which is a big plus if you've ever encountered a patch of thorny berries (they can be vicious, bloodthirsty things!). Blackberries are at their peak of sweetness when very plump and ready to drop from the bush. If you have picked some that were not quite ripe, those are perfectly fine for baking or jam. I think blackberry cobbler is one of the greater joys of the summer. They also combine well with peaches in your summer recipes.

At home, sort the berries. Use the ripest for eating out of hand or for baking. Blackberries do not have a long shelf life, so use immediately or freeze.

Like raspberries, blackberries are a good source of the A and C vitamins and contain about 90 calories per cup.

PEACHES

Peaches have long been proclaimed the Queen of Fruits, and when allowed to tree ripen, are a royal treat. Peaches originated in China, then were carried to Persia, from which its Latin name *Prunus persica*, is derived. The Nectarine is actually a fuzzless peach, not a cross between a peach and a plum as has been often said. We grow both white and yellow peaches. The white peaches are a real treat as they are not widely grown, but they are delicious with a somewhat different flavor than yellow peaches.

Peach season starts here around the first of August and continues through about mid September. All peaches are great for fresh eating out of hand or baking, but some do better for freezing or canning. The following is a listing of the major varieties we grow; "F" stands for

freestone, "C" for clingstone, and "S" for semi-freestone. They are listed in approximate order of ripening.

Earliglo: "C", best for fresh use.

Early White Giant: "S"; large, white flesh, best for fresh use.

Erly Red Fre: "S", large, white flesh

Sugar May: "S", white flesh, very sweet, sub acid

Easternlo Nectarine: "F", medium to large, yellow flesh

Sentry: "S", medium large, firm yellow flesh

Garnet Beauty: "F", medium to large, medium size yellow flesh, excellent for freezing, an early sport of Redhaven

Arctic Glo Nectarine: medium to large, firm white flesh, sub acid

Redhaven: "F", medium size, firm, excellent for freezing, slow to brown.

White Lady: "F", firm white flesh, well flavored, sub acid

John Boy: "F", large, firm yellow flesh, an early sport of Loring

Ernie's Choice: "F", medium to large yellow flesh

Raritan Rose: "F", large with tender melting white flesh

Sugar Lady: "F", medium large fruit, firm white flesh, low acid

Summer Beaut Nectarine: "F", medium to large size, yellow flesh

July (Burbank) Elberta: "F"; medium to large, firm, good for canning.

Canadian Harmony: "F"; large, soft peach, non-browning, good for canning, excellent for freezing.

Bounty: "F", very large, firm yellow flesh, excellent flavor

Flavortop Nectarine: "F"; yellow firm flesh, medium size.

Sugar Giant: "F", large, white fleshed, low acid

Summer Pearl: "F"; firm, white flesh, medium to large size.

Loring: "F"; large peach with non-browning flesh; suitable for any use.

Cresthaven: "F"; firm, thick skin. Very good for canning and freezing.

Flavortop Nectarine: "F", large fruit, yellow flesh

Redgold Nectarine: "F"; large fruit, firm yellow flesh, delicious flavor

Madison: "F"; medium to large tender flesh. Good for freezing.

Harcrest: "F", medium, fine textured firm yellow flesh

Fantasia Nectarine: "F", large fruit, yellow flesh

Jerseyglo: "F"; large, firm flesh.

Lady Nancy: "F" large fruit, white flesh

Elberta: "F"; large, firmer peach, good for canning.

ABOUT OUR FARM & FRUIT

All peaches are delicate and should be handled gently to prevent bruising. Do not leave them in the box they were picked into once you have reached home. Sort peaches; fruit that needs some time to ripen can be spread on a table or counter, not touching and not in the sun. I often put them in berry trays, and make a stack of them criss-crossed to save space. Check their ripening progress frequently, and discard any that start to spoil. Fruit that is ripe enough to use can be stored in the refrigerator, or processed immediately. Fruit that is picked with yellow color but still quite firm can be placed in the refrigerator to extend shelf life, but the flavor is not quite as good as fruit ripened at room temperature. Perhaps a small price to pay if you have a lot of fruit and want to make it last.

APPLES

Apples are the fruit associated with autumn and the return to school after the summer holiday. Family trips to the orchard to pick their own are a favorite fall tradition. Apples come in all different colors and flavors, and are certainly one of the most versatile fruits grown. Nutritionally, apples are good sources of vitamin C and potassium, and contain about 80 calories per medium fruit.

Over the past years, we have been replanting our orchards to semi-dwarf and dwarf trees. We have planted many varieties new to us and to most of our customers, and hope you will give them a try. We are also still growing the New England favorites as well.

The following is a list of apples we grow in the approximate order of ripening. Apple season starts in mid August and continues until early to mid October.

Ginger Gold: an early Golden Delicious, sweet, dense, tasty; all-purpose apple

Akane: (Jonathan x Worcester Permain) dense, tart, all purpose apple

Paulared: tart, all-purpose apple; similar to Cortland

Gravenstein: tart, all-purpose apple; green with red stripes

McIntosh: moderately tart, best for eating and sauce;

green with red blush

Gala: (Kidd's Orange x Golden Delicious) sweet and juicy, Delicious type apple; red stripes over a yellow background

Honeycrisptm: (Macoun x Honeygold) sweet, explosively juicy apple; all-purpose, stores well

Cortland: (Ben Davis x McIntosh) moderately tart, non browning flesh, all purpose apple; green with red blush

Macoun: (McIntosh x Jersey Black) sweet, dessert apple; dark, purplish red over green

Empire: (McIntosh x Red Delicious) moderately sweet, all-purpose apple; dark red stripes over light yellow groundcolor

Red Delicious: sweet, dessert apple; red stripes over green

Golden Delicious: sweet, all purpose apple; yellow sometimes with a red blush

Jonagold: (Golden Delicious x Jonathan) sweet but tart, all-purpose apple; red blush over yellow ground color

Idared: tart at harvest, sweetens in storage, all purpose apple; red fruit

Mutsu (aka Crispin) (Golden Delicious x Indo): all purpose apple; very large, light green to yellow

Fuji: (Ralls Janet x Delicious) sweet, dense apple, stores extremely well

Apples bruise easily and should be handled gently. Once home, store apples in the refrigerator in a vented plastic bag. Early season apples generally will not keep for as long a period as the late season apples.

SYRUPS FOR USE IN PRESERVING FRUIT

Type of syrup	Sugar	Water	Yield
Light (30%)	2 cups	4 cups	5 cups
Medium (40%)	3 cups	4 cups	5 ½ cups
Heavy (50%)	4 ¾ cups	4 cups	6½ cups

Heat sugar and water until sugar is dissolved. Cool syrup before using for freezing fruit

Acknowledgements: Thank you to all of our customers, friends, and family who contributed their favorite recipes. Food preservation information from the USDA and the Ball Blue Book.

Other recipes came from:

-The North American Strawberry Growers Association (NASGA)

-*Farm Journal's Complete Pie Book*, edited by Nell B. Nichols, Doubleday & Co., Inc. 1965

-*Better Homes and Gardens New Cookbook*, Meredith Corp. 1976

-*The Berry Cookbook*, Kyle D. Fulwiler, Pacific Search Press, Seattle, 1981

FREEZING FRUIT

Freezing is the most popular method of home preservation of fruits because of the ease of preparation and the quality of the product is more like fresh fruit. Necessary equipment are pots or pans, knives, containers in which to store the fruit, and, of course, a freezer. Refrigerator-freezer combinations are adequate only for short term storage as the freezer's temperature is usually not as cold as in a deep freeze. Freezers should be kept at 0° F to -10° F for longest storage of fruits, up to one year. Use of a freezer thermometer is recommended for accurate temperature monitoring.

Several types of containers can be used for freezing fruit. Freezer boxes are best for products frozen with syrup or pureed products. They also are reusable. Heavy weight freezer bags can be used for individually quick frozen (IQF) items. Just be sure that the bags have adequate strength against tearing and protection against freezer burn. Be sure that the bags are sold as "food grade". Wide mouth canning or freezing jars can be used as substitutes for freezer boxes; never defrost them in hot water, however as they may break.

Wash rigid containers in hot soapy water; rinse well and drain. For dry pack fruits, fill containers completely, leaving no head space. For fruits that are packed in syrup or pureed, leave 1/4 inch for pints and 1/2 inch for quarts at the top of the container to allow for expansion (headspace). Some plastic containers have the fill line marked on them. To make a light syrup, heat one quart water to boiling. Add 2 cups sugar. Stir until sugar is dissolved. Cool and refrigerate until needed. Syrups to be used with peaches, nectarines or apples should have Ball Fruit Preserver or Fruit Fresh added in accordance with the package directions.

Fruit for freezing should be of the highest quality as freezing will not improve quality. Freezing temperatures slow the process of degradation by enzymes, bacteria, and yeasts, but will not sterilize the foods. Once thawed, fruits should be used promptly as they do not keep as long as fresh fruits. To thaw, place package in the refrigerator overnight; in the microwave on the defrost cycle; in front of an electric fan for 1/2 hour; in cold water (sealed packages only); or at room temperature for 3 to 4 hours. Frozen fruits are best when served still slightly frozen as the texture and shape will be most like fresh.

The use of sugar and antioxidants when freezing fruits help to reduce the action of enzymes which cause the quality of the fruit to degrade while frozen. Strawberries, peaches and apples freeze best when sugar is used. Raspberries, blackberries and blueberries can be individually quick frozen with good results. If fruit is to be washed before freezing by IQF, always be sure that the fruit is thoroughly dried in order to prevent excessive ice crystal formation.

When loading the freezer with food to be frozen, add only 2-3 pounds per cubic foot of freezer space over

24 hours. If more than that is placed in the freezer at once, it will take longer to freeze the food, and moisture will escape from the foods and form ice crystals; the quality will be poorer.

APPLES

For pie apples, select firm apples. Soft apples can be made into sauce.

Pie Apples: Peel, core and slice apples. Place apple slices in boiling water for 2 minutes and cool in ice water. Drain; pack in freezer bags. Seal, label and freeze OR mix apple slices of 6-8 apples with 3/4 cups sugar and 1 teaspoon cinnamon. Apples will brown but will not be noticed in pie.

Applesauce: Wash, peel, core, and slice apples. To each quart of apples, add 1/3 cup water or cider and 1/4 teaspoon Ball Fruit preserver (if light colored sauce desired). Cook apples until tender; crush or puree. Add 1/4 cup sugar per each quart sauce while hot. Cool and pack in freezer boxes. Seal, label, and freeze.

STRAWBERRIES

Rinse berries and drain well. Remove caps after rinsing.

Sugar Pack: Slice berries in half or thirds. Mix 6 parts berries to 1 part sugar. Let stand until sugar dissolves, about 10 minutes. Gently stir. Pack into freezer boxes. Seal, label and freeze.

Syrup Pack: Slice berries or leave whole. Pack into freezer boxes. Cover with chilled light syrup. Seal, label, and freeze.

Whole: Freeze berries in single layer on cookie sheet. when frozen pack into plastic freezer bags. Seal, label, and freeze. Do not thaw completely when serving.

Puree Pack: Puree 1 pint hulled strawberries, 4 tablespoons sugar, and 1 teaspoon lemon juice. Pack into freezer boxes, leaving 1/2 inch headspace. Seal, label and freeze.

RASPBERRIES, BLACKBERRIES, BLUEBERRIES

Whole: Freeze in a single layer on a cookie sheet. Pack in plastic freezer bags. Seal, label, and freeze.

Sugar Pack: Gently mix 1 part sugar with 4 parts berries until berries are coated with sugar. Pack in plastic freezer bags. Seal, label, and freeze.

FREEZING FRUIT

CANNING FRUIT

PEACHES AND NECTARINES

Wash and peel ripe fruit. Peaches can be peeled more easily by blanching fruit briefly in boiling water, then chilling in cold water (peaches peeled in this manner will have ragged edges when thawed). After peeling place fruit into a solution of Ball Fruit Preserver and water, prepared as directed on the package in order to retard browning.

Syrup Pack: Prepare a light syrup with Ball Fruit Preserver. Pour 1/2 cup syrup into a pint box, add peaches to container. Add syrup to cover fruit, leaving 1/2 inch headspace. Crumple up a small piece of parchment paper or waxed paper and place on top of fruit to keep it under syrup. Seal, label, and freeze.

Sugar Pack: To each quart of (1-1/3 pounds) prepared fruit add 2/3 cup sugar mixed with 1/4 teaspoon Ball Fruit Preserver. Mix until fruit is well coated and sugar dissolved. Pack into freezer containers. Seal, label, and freeze.

Water Pack: Pack prepared peaches into freezer boxes and cover with cold water containing 1/2 teaspoon Ball Fruit Preserver or Fruit Fresh added to each quart water. Leave 1/2 inch headspace. Place crumpled wax or parchment paper to top of fruit to keep it under water. Seal, label and freeze.

Puree: Pit and slice (peeling optional) 1 pound fruit. Add sugar to taste (between 2 tablespoons to 1/2 cup per pound of fruit) and 1/4 teaspoon Ball Fruit Preserver. Crush or puree in blender. Pack in freezer boxes; place plastic wrap on surface of fruit to prevent browning; leave 1/2 inch headspace. Seal, label and freeze.

APPROXIMATE YIELD OF FROZEN FRUIT FROM FRESH

	AS PICKED	FROZEN
Apples	1/2 bushel (20 lbs.) 1 1/4 to 1 1/2 lbs	16 to 20 pints 1 pint
Peaches	1/2 bushel (24 lbs.) 1 to 1 1/2 lbs	16 to 24 pints 1 pint
Berries	1 pint	1 pint
Strawberries	8 quart tray (12 lbs.) 2/3 quart	12 pints 1 pint
Rhubarb	15 lbs.	15 to 22 pints

Canning is an excellent way of preserving fruit for winter

use when freezer space is not available. High acid foods, such as fruits, tomatoes, pickles, and rhubarb, are processed in a water bath canner, while other foods that are low in acid, such as vegetables and meats, must be processed with higher temperatures in a pressure canner. Jams and jellies are also sealed using a water bath canner. Tree fruits preserved by canning are a much more satisfying product than berries, which tend to get too soft or disintegrate.

Canning preserves food by destroying harmful organisms, such as molds, yeasts, and bacteria, through heating, and simultaneously eliminates the air in a jar creating a seal that does not allow new organisms to enter the food. Acid in the food protects against bacterial growth. Foods which do not contain enough acid to deter this bacterial growth must be processed at temperatures higher than boiling water in order to guarantee destruction of these bacteria. Molds and yeasts are easily destroyed at temperatures between 140° F and 190° F. Enzymes are natural chemicals present in living things; they are necessary for the normal functioning of life. However, their actions can cause unappetizing changes in flavor and texture in foods, and are destroyed at temperatures of 140° F. When canning procedures are followed carefully, canned foods are safe and delicious to eat.

Equipment needed for water bath canning:

- large pot with adequate depth to hold enough water to cover jars by one to two inches and an additional two inches allow room for boiling, a tight fitting lid, and a rack for the bottom to allow for the circulation of water around the jars;
- jar lifters to remove jars from hot water safely;
- nonmetallic spatula for packing fruit into jars (metallic implements can cause minute scratches in the glass and cause it to break);
- jar funnel is helpful to get food into jars neatly;
- timer to check processing times;
- home canning jars, new lids, and rings that are free of rust or dents. It is strongly recommended that jars used for commercial food products not be reused as they are designed for one use.

Closely inspect home canning jars for chips and cracks. Recycle defective jars. Wash jars, lids, and rings in hot soapy water, and thoroughly rinse. Keep jars hot in the dishwasher or in hot water. Lids should be placed in water and brought to a simmer. This softens the sealing compound on the lid to provide for a good seal. Select high quality foods that are ripe, but not overripe as acid levels are reduced in overripe fruit, and free from bruises. Wash all fruits to remove dirt, molds and yeasts, even though they will be peeled. Fill the canning pot about 2/3 full and heat the water while preparing the fruit.

CANNING FRUIT

After cutting, fruits such as apples and peaches need to be placed in a solution in order to prevent darkening. Prepare a solution of water and Ball Fruit Preserver and slice fruit directly into it. Do not allow the fruit to soak longer than 20 minutes.

Most foods can be packed into the jar using either the hot pack or the raw pack method. Hot pack means heating the food to a boiling point before packing into the jar. I recommend using the hot pack method as a little more food can fit into the jar, there is less trapped air in the food, the color of the food tends to be better, and the processing times are a little shorter.

Both hot pack and raw pack foods require headspace, a space between the top of the food and the lid. Headspace varies for each food, so always check the instructions. After the jars are filled with food and liquid, a clean plastic knife or spatula should be inserted along the sides of the jar and gently press toward the center of the jar in order to release trapped air bubbles.

Clean the rim and threads of the jar thoroughly with a damp towel; if this rim is not clean a proper seal will not form. Place a lid that has been simmered on the jar so that the compound is on the rim. Screw the band down firmly, hand tight. Do not overtighten the band.

If the jars have been hot packed, place them into simmering water in the water bath canner. Add boiling water if necessary to bring the water level one to two inches above the jars. Cover the canner and bring the water to a boil. Start counting the processing time once the water has returned to a boil, not when the jars were put in the canner. When the processing time is complete, remove the jars with tongs promptly. Let the jars cool for 12-24 hours before storing. Do not allow them to cool in a draft as they may crack.

After they have cooled, check the jars for a proper seal. The lids should be slightly inverted from the vacuum in the bottle. If you are not sure, press down on the center of the lid. If it does not push down, it is sealed. If it pushes down and then comes back up, it is not sealed and the food should be used promptly or reprocessed with a new lid. If the lid pushes down and stays down, remove the ring and carefully lift the jar by the lid (lift over a padded surface and lift only slightly). If the lid comes off, reprocess with a new lid. After checking all jars, remove the rings, wipe jars clean, and label each jar with the date of processing and contents. Store in a cool, dark, dry place. Best quality of food is within the first year of storage.

Before using the food, check for signs of spoilage. Seals should be tight and you should hear the sound of air rushing into the jar when it is opened. The centers of lids should be firmly down. Look carefully for signs of molds or off odors.

APPLES

Best results when using a cooking apple which does not lose its shape during cooking.

Prepare a syrup (extra light syrup for apples for pies). Wash, drain, core, and pare apples. Slice or quarter fruit into Fruit Preserver solution. Drain and boil in syrup for 5 minutes. Pack into hot jars leaving 1/2 inch headspace, adding syrup to this level. Remove air bubbles. Wipe rims clean and adjust rings. Process pints and quarts for 20 minutes in boiling water bath.

APPLESAUCE

Wash, peel, core, and cut apples. Simmer until soft in small amount of water or apple cider. Push through sieve or food mill. Sweeten to taste: bring back to a boil. Fill jars leaving 1/2 inch headspace. Remove air bubbles. Wipe clean rims and adjust lids. Process for 20 minutes for both pints or quarts.

PEACHES

Make a syrup (fruit can be canned in water if necessary). Wash and peel peaches by dipping in boiling water for 1 minute, then in cold water. Remove pit and leave in halves or slice directly into Fruit Preserver solution to prevent darkening. Cook peaches in syrup until hot; pack into jars leaving 1/2 inch headspace. Add syrup to bring to this level. Remove air bubbles. Wipe rims, and adjust caps. Process in a boiling water bath for 20 minutes (pints) or 25 minutes for quarts.

RHUBARB

Wash and cut unpeeled stalks into 1 inch pieces. Measure. Add 1/2 to 1 cup sugar for every quart rhubarb. Mix well and let stand for 3-4 hours. Slowly bring to a boil, and boil for 1/2 minute. Pack into hot jars leaving 1/2 inch headspace. Wipe rims and adjust lids. Process both pints or quarts for 15 minutes in a boiling water bath.

JAMS & PRESERVES

Jams, jellies, preserves and conserves are all fruit products preserved by sugar and jellied to some extent. **Jelly** is made from fruit juice, is clear, and firm enough to hold its shape when turned out of its container. **Jam** is made from fruit which has been crushed; it holds its shape but is less firm than jelly. **Preserves** are whole or large pieces of fruit floating in a thick syrup which is often jellied. **Conserves** are jams made from a mixture of fruits and usually containing nuts and raisins.

Four ingredients are essential in order to make a jellied fruit product:

Fruit provides the flavor and at least part of the essential pectin and acid needed to gel the product.

Pectin is contained in many fruits, some more than others. Underripe fruits contain more than fully ripe. Extra pectin is often needed, especially for firmer jellies, and can be added in the form of commercial pectin. These come in powdered form or liquid; either is fine as long as you use the recipes developed for each product. They are not interchangeable. When using commercial pectins, cooking time is shortened and standardized, and yield from a given amount of fruit is greater.

Acid is necessary for gel and flavor. Some fruits are low in acid and need additional acid, usually added as lemon juice. There is more acid in underripe fruit.

Sugar helps to gel the product, as well as helping to preserve it and adding flavor. It also has a firming effect on fruit.

Jams made without commercial pectin take longer to cook than those made with added pectin. The best way to check for doneness is to test with a thermometer. Take the temperature of boiling water (it varies with elevation). Jam should be ready when cooked to a temperature 9 degrees higher than that of boiling water. Stir the mixture thoroughly, place the thermometer vertically at the center of the kettle, with the bulb not touching the bottom.

Refer to Canning Fruits section for complete canning directions. Prepare jars by checking for defects, washing, and rinsing. Keep jars hot. Use new lids and simmer for a few minutes to soften sealing compounds. Fill jars with cooked product leaving 1/4 inch headspace. Wipe jar rims clean. Place lid compound side down on jar, and screw metal rim on firmly. Place in hot water in water bath canner. Bring water to a boil. Refer to Processing Time chart for appropriate processing times in a water bath canner.

SPICED BLUEBERRY-PEACH JAM

without added pectin

4 cups chopped or ground peaches (about 4 pounds peaches)

4 cups blueberries (about 1 quart fresh or 2-10 ounce pkg. frozen unsweetened blueberries)
2 tablespoons lemon juice
1/2 cup water
5-1/2 cup sugar
1/2 teaspoon salt
1 stick cinnamon
1/2 teaspoon whole cloves
1/4 teaspoon whole allspice

Measure fruit into kettle; add lemon juice and water. Cover, bring to a boil, and simmer for 10 minutes, stirring occasionally. Add sugar and salt; stir well. Add spices tied in cheesecloth. Boil rapidly, stirring constantly until mixture reaches a temperature of 9 degrees above the boiling point of water, or until it thickens.

Remove from heat; take out spices. Skim foam. Pour hot into hot jars; adjust lids. Process 10 minutes in boiling water bath. Makes 6 or 7 half pint jars.

PEACH JAM without added pectin

8 cups peeled and crushed peaches
1/2 cup water
6 cups sugar

Combine peaches and water in kettle. Cook gently for 10 minutes. Add sugar, bring slowly to a boil, stirring until sugar dissolves. Cook rapidly until thick, about 15 minutes. Pour hot into hot jars; adjust lids. Process for 10 minutes in boiling water bath. Makes about 8 half pint jars.

BERRY JAM

(Blueberries, Blackberries, or Raspberries)
9 cups crushed berries
6 cups sugar

Combine berries and sugar in kettle. Bring slowly to a boil, stirring until sugar dissolves. Cook rapidly to jellying point, stirring frequently to prevent sticking. Pour hot into hot jars; adjust lid. Process for 10 minutes in boiling water bath. Makes about 6 half pints.

APPLE BUTTER

24 medium apples (about 6 lbs.)
2 cups sweet cider
3 cups sugar
1 1/2 teaspoons cinnamon
1/2 teaspoon cloves

Prepare apple pulp. Method 1: peel and core apples, then

cook. When soft, puree in a food mill or food processor. Method 2: cook quartered apples until soft, then put through a food mill to remove seeds and peels. Measure 3 quarts of apple pulp. Cook pulp until thick enough to mound in spoon. As pulp thickens, stir frequently to keep from scorching and sticking (or cook in a crockpot). Add sugar and spices. Cook slowly, stirring frequently, until thick and dark. Makes about 3 pints. Process for 10 minutes in a water bath canner.

PEACH BUTTER

8 cups peach puree (about 18 peaches)
4 cups sugar
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon allspice

Peel, pit and puree peaches to make 2 quarts puree. Add sugar, cook until thick. Stir frequently to prevent sticking and scorching. Add spices. Makes about 4 pints. Process for 10 minutes in a water bath canner.

JAMS USING ADDED PECTIN

When using commercial pectin, read and follow the directions carefully. I feel a common reason for failed jelling is insufficient cooking. After the addition of sugar, the mixture must be brought to a full boil and cooked for one minute. A full boil is when the entire surface of the mixture is covered with bubbles and cannot be stirred down. Sometimes we do not bring the mixture to a truly full boil before timing the one minute cooking time.

Follow recipes and directions enclosed with pectin. If you want to reduce the amount of sugar used, purchase pectin designed to be used with less sugar. Do not attempt to reduce amounts of sugar in regular pectin recipes as the product will not jell.

STRAWBERRY -RHUBARB JAM

4 cups strawberries, washed and stemmed
2 cups chopped rhubarb (about 4 stalks)
¼ cup lemon juice
1 pkg. powdered pectin
5 1/2 cups sugar

Crush strawberries; place in large kettle. Combine chopped rhubarb with strawberries. Add lemon juice and pectin. Bring to a rolling boil over high heat. Add sugar; return to a rolling boil. Boil hard for 1 minute, stirring constantly. Pour hot into hot jars, leaving 1.4 inch headspace. Adjust lids. Process 10 minutes in water bath canner. Makes about 6 half pints.

RASPBERRY-PEACH JAM

Kitty Patterson

2 cups peaches, finely chopped
2½ cup raspberries, crushed. Sieve half of pulp to remove seeds
6¼ cup sugar
1 package powdered pectin
2 tablespoons fresh lemon juice

Wash jars and lids. Place fruit, lemon juice, and pectin in a 6 - 8 quart kettle. Bring mixture to a full boil. Stir in sugar and return to a full boil. Boil for exactly one minute. Remove from heat. Skim off foam from top.

Ladle quickly into clean jars. Wipe clean jar tops, and cover with hot lids. Screw on bands. Process in a water bath canner for 5 minutes.

CHRISTMAS JAM

Roger W. Frost

2 packages (20 oz each) frozen whole strawberries
1 lb. fresh or frozen cranberries
5 lbs. sugar
2 pouches (3 oz each) liquid fruit pectin

Pulse or grind strawberries and cranberries in a food processor or blender. Place in a large kettle. Add sugar and bring to a full rolling boil. Boil for 1 minute. Remove from heat and add pectin. Cool for 5 minutes. Skim off foam. Ladle hot mixture into sterile ½ pint jars, leaving ¼ inch headspace. Wipe jar rims clean, cover with hot lids. Screw on bands. Process for 10 minutes in a water bath canner. Makes about 14 ½ pint jars. Recipe can be halved.

Freezer Jam is easy to make and has a delicious fresh fruit taste as the fruit is never cooked. However, you must have room in your freezer to store it. Follow the instructions included in the pectin package. It takes less than 30 minutes to make! See recipes on back page.

BEVERAGES & MISCELLANY

DAIQUIRI

For 2 servings, blend 1 medium peach, 1 ounce lime juice, 1 - 2 tablespoons sugar, 3 ounces white rum, and 1 cup cracked ice in blender till smooth. Serve in large cocktail glasses. For strawberry Daiquiri, substitute 2 cups hulled strawberries for peach.

STRAWBERRY FROST

1 cup fresh or frozen strawberries
1 cup orange juice
1 cup ice
Whir in blender until smooth

STRAWBERRY SMOOTHIE

1 cup sweetened strawberries
1 scoop strawberry or vanilla ice cream or frozen yogurt
1 cup ice
½ cup water
sweetener to taste
Whir in blender until smooth

STRAWBERRY BANANA SMOOTHIE

1 cup sweetened strawberries
1 scoop strawberry or vanilla ice cream or frozen yogurt
1 cup ice
2/3 cup water
1 banana
Whir in blender until smooth

PEACH SMOOTHIE

1 cup sliced peaches
1 scoop ice cream or frozen yogurt
2/3 cup water
1 cup ice
Whir in blender until smooth

STRAWBERRY SUNRISE SMOOTHIE

1 cup vanilla yogurt
½ cup frozen strawberries
¼ cup apple juice or cider
1 banana
Whir in blender until smooth

YUMMY DIP FOR STRAWBERRIES

Cynthia LaPointe

1 regular size jar of Marshmallow Fluff
1 3 ounce package cream cheese, softened
Ground ginger to taste
Blend ingredients together. Dip strawberries and enjoy.

STRAWBERRY WHIPPED CREAM

2 cups fresh strawberries, hulled
2 tablespoons confectioner's sugar
1 teaspoon vanilla
2 cups whipping cream

In food processor or blender, puree strawberries with confectioner's sugar. Whip cream with vanilla in chilled bowl until stiff (about 3-4 minutes). Gently fold in about 1/4 of the cream into the puree, then fold mixture back into cream. Refrigerate. Strawberry cream may be made up to one hour ahead. May substitute 8 oz. of non dairy topping for whipped cream.

BLUEBERRY SAUCE

2 cups blueberries
3/4 cup water
1-1/2 tablespoons cornstarch
1/2 cup sugar
dash of salt
1 teaspoon lemon peel
1 tablespoon lemon juice

In a medium saucepan, bring all ingredients except lemon juice to a boil over medium heat; simmer for 5 minutes, stirring constantly. Remove from heat and stir in lemon juice. Store covered in refrigerator. Makes 1-1/2 cups

RASPBERRY SAUCE

¾ cup sugar
3 cups raspberries
½ cup water
Combine ingredients in a saucepan; bring to a boil and simmer only until sugar is dissolved. Remove from heat and cool completely. Puree in blender until smooth. Pass through a sieve, discard solids. Makes 2 cups.

CHOCOLATE DIPPED STRAWBERRIES

In a double boiler melt 3 1 ounce squares chocolate, chopped, with 1 teaspoon vegetable oil until smooth. Dip prepared fresh strawberries into chocolate to cover half. Place on a lightly greased cookie sheet, refrigerate until firm, about 15 minutes. Arrange on a platter and serve.

MUFFINS & QUICKBREADS

BERRY SPECIAL MUFFINS

Anne M. Deysher

1/2 cup vanilla or lemon yogurt
1/4 cup milk
1/3 cup firmly packed brown sugar
1/4 cup vegetable oil
1 egg
1-3/4 cup all purpose flour
1 tablespoons baking powder
1/4 teaspoon salt
1/4 teaspoon baking soda
1 cup berries
Crumb topping

Preheat oven to 400° F.

In bowl, combine yogurt, milk, brown sugar, oil, and egg. In a separate bowl, stir together flour, baking powder, salt, and baking soda; fold in berries. Combine two mixtures, stirring only until dry ingredients are moistened. Spoon into well greased or paper lined muffin cups. Top with crumb topping. Bake 20 - 25 minutes. Remove from pan to cool. Makes 10 - 12 muffins.

Crumb topping: Stir together 1/4 cup flour, 2 tablespoons firmly packed brown sugar, dash of cinnamon, and 2 tablespoons softened butter or margarine until crumbly.

OATMEAL BLUEBERRY MUFFINS

Anne M. Deysher

1/2 cup oats
1/2 cup orange juice
1-1/2 cup flour
1/2 cup sugar
1-1/4 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup salad oil
1 slightly beaten egg
1 cup blueberries
Topping: 2 tablespoons sugar & 1/2 teaspoon cinnamon
Preheat oven to 350° F.

Combine oats and orange juice and stir well. Sift together flour, 1/2 cup of sugar, baking powder, salt, and baking soda, and mix into oat/orange juice mixture along with oil and egg. Mix well. Stir in blueberries. Spoon into well greased or paper lined muffin pans and sprinkle with topping mixture. Bake for 18 - 22 minutes or until tests done. Yields 10 muffins.

STRAWBERRY BREAD

1-1/2 cups flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1-1/2 teaspoon cinnamon
1 cup sugar
10 ounce package or 1-1/4 cups frozen strawberries,
thawed
2 eggs, well beaten
1/2 cup nuts, chopped
1/2 cup cooking oil

Sift dry ingredients together in a bowl. In a separate bowl mix all liquid ingredients. Add liquid ingredients to dry ingredients stirring only enough to mix. Do not overmix. Batter will not be smooth - it will look lumpy. Pour into greased and floured loaf pan. Bake at 350° F for 1 hour. Cool 10 minutes. Remove from pan. Makes one loaf.

STRAWBERRY NUT BREAD

2 cups all purpose flour
1 tsp baking soda
1/2 teaspoon salt
3/4 cup sugar
1/2 cup butter, softened
2 eggs
2 tsp almond extract
1 cup plain yogurt
1 cup chopped almonds
2 cups strawberries, sliced

Preheat oven to 350° F. Grease and flour two loaf pans. In a small bowl, thoroughly stir together flour, baking soda, and salt; set aside. In a large bowl, cream butter and sugar. Add eggs and almond extract and beat until fluffy. Add flour mixture and yogurt alternately to creamed mixture, beating until blended after each addition. Fold in chopped nuts, then strawberries. Turn batter into prepared pans. Bake until toothpick inserted comes out clean, 45 minutes to one hour.

While still warm glaze with Almond Glaze. Combine 1 cup sifted powdered sugar, 1 tsp almond extract, and 2-3 tbs milk. Drizzle over warm loaf. Cool loaf in pan, and refrigerate when cool.

MUFFINS & QUICKBREADS

HEALTHY BLUEBERRY BREAD

Deanna Swan

1 tablespoon butter and oil substitute (such as Sunsweet Lighter Bake)
2 cups sugar
2 cups low fat buttermilk
3 lightly beaten egg whites
4-1/2 cups all purpose flour
5 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 cups fresh blueberries
3/4 cup chopped walnuts (optional)

Spray 2 - 8 inch x 4 inch baking pans with nonstick cooking spray. Preheat oven to 350° F. Combine the oil substitute, sugar, buttermilk, and egg whites. Set aside. In a separate bowl, combine the remaining ingredients, except blueberries and walnuts. Make a well in the center of the dry ingredients and slowly pour in the reserved liquid ingredients. Mix to a batter consistency. Gently fold in the blueberries and walnuts, if desired. Allow the batter to sit for 20 minutes. Bake in preheated oven for 1-1/2 hours. Cool for 10 minutes and turn pans on their sides to rest. Cool before inverting loaf to serving platter.

BLUEBERRY-RASPBERRY MUFFINS

Laura Timmerman

2 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
4 large eggs
16 ounces sour cream
10 tablespoons unsalted butter
2 cups light brown sugar
2 cups oats
1 cup fresh or frozen (not thawed) blueberries
1 cup fresh or frozen (not thawed) raspberries
about 2 tablespoons sugar for topping

Preheat oven to 375° F. Line two 12 cup muffin tins with muffin cup liners. Combine the flour, baking powder, baking soda, and salt in a small bowl; set aside. Beat the eggs with the sour cream in a large bowl until thoroughly combined. In a medium saucepan over medium heat melt the butter and brown sugar, stirring to dissolve the sugar. Cool slightly, then beat this mixture into the egg mixture. Stir in the oats. Fold in the flour mixture and then, very gently, fold in the berries. Fill the muffin cups 2/3 full. Drop a generous pinch of sugar onto the top of each muffin. Bake for 25 to 28 minutes. Makes 2 dozen.

STREUSEL RASPBERRY MUFFINS

The Muffin Cookbook

Pecan Streusel Topping
1-1/2 cup flour
1/2 cup sugar
2 teaspoons baking powder
1/2 cup milk
1/2 cup butter or margarine, melted
1 egg, beaten
1 cup fresh or individually frozen whole unsugared raspberries

Preheat oven to 375° F. Grease or paper line 12 muffin cups. Prepare Pecan Streusel Topping and set aside. In a large bowl, combine flour, sugar, and baking powder. In a small bowl combine milk, butter and egg until blended. Stir into flour mixture until just moistened. Spoon half of batter into muffin cups. Divide raspberries among cups, then top with remaining batter. Sprinkle Streusel Topping over tops. Bake 25 - 30 minutes or until golden brown and toothpick inserted into center comes out clean. Remove from pan.
Pecan Streusel Topping: In a small bowl, combine 1/4 cup each chopped pecans, packed brown sugar, and all purpose flour. Stir in 2 tablespoons melted butter or margarine until mixture resembles moist crumbs.

DESSERTS

BLUEBERRY PUDDING CAKE

Dorothy Corcoran & Kitty Patterson

2 cups blueberries (or other fruit)
1 teaspoon cinnamon
Juice of 1/2 lemon (optional)
3 tablespoons melted butter
3/4 cup sugar
1/2 cup milk
1 cup flour
1 teaspoon baking powder
1 teaspoon almond extract
1/4 to 1/2 cup sugar
1 tablespoon cornstarch
1/4 teaspoon salt
1 cup boiling water

Toss fruit with lemon juice and cinnamon. Spread fruit mixture in the bottom of a well greased 8 inch square pan. In a bowl combine flour, sugar, and baking powder. Stir in milk, melted butter, and almond extract. Spread over fruit. Combine the sugar, cornstarch and salt. Sprinkle over the batter. Slowly pour boiling water over the top. Bake at 350° F for 50 - 60 minutes. Cake will rise to the top and should test done with cake tester.

BLUEBERRY CINNAMON CAKE

Nancy Davidian

1/2 cup butter, softened
1 cup sugar
2 eggs
2-1/2 cups flour
1-1/2 teaspoons baking powder
1/2 cup milk
1-1/2 cups blueberries
3 tablespoons sugar
1 teaspoon cinnamon

Cream together butter and sugar until smooth. Add eggs one at a time. Mix together flour and baking powder. Add to creamed mixture alternating with milk. Fold in blueberries. Pour into a greased 9"x9" pan. Sprinkle with cinnamon and sugar. Bake at 375° F for 40 minutes.

FRUIT POUND CAKE

Kitty Patterson

1 cup plus 2 tablespoons margarine
2-1/4 cups sugar
4 eggs
1 teaspoon vanilla
3 cups flour
1 teaspoon baking powder

1/2 teaspoon baking soda
2 teaspoons cornstarch
2 cups berries or fruit

Preheat oven to 350° F.

Grease tube pan with 2 tablespoons margarine. Dust pan with sugar. Mix 1/4 cup sugar and 2 teaspoons cornstarch. Sprinkle over fruit (if using blueberries, omit cornstarch). In a separate bowl, cream 1 cup margarine and 2 cups sugar well. Add eggs one at a time. Add vanilla. In a separate bowl mix together flour, baking powder, and baking soda. Add dry ingredients and beat well. Fold in fruit. Spread into pan. Sprinkle top with cinnamon sugar mixture. Bake for 85 minutes.

FRUIT BUCKLE

Sue Ken

Preheat oven to 350° F.

In a bowl combine:

1 cup flour
1/2 cup sugar
1 teaspoon baking soda
1/4 cup butter or margarine
1/2 cup milk
1/2 teaspoon salt
1 teaspoon vanilla
1 egg

Mix and spread into a 9"x9" or a 9"x13" greased pan. Layer 1 cup fresh fruit: apples, blueberries, and or blackberries, and or raspberries on top.

Mix to make crumb topping:

1/2 cup oats
1/2 cup sugar
1/2 cup flour
1/4 cup butter
1 teaspoon cinnamon
1/2 teaspoon nutmeg

Sprinkle on top of fruit. Bake for 40 minutes or until tester comes out clean.

APPLESAUCE CAKE

1/2 cup butter or margarine
2 cups sugar
2 eggs
2-1/2 cups sifted all purpose flour
1-1/2 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon allspice
1-1/2 cups applesauce

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1/2 cup raisins
1/2 cup chopped pecans

Cream butter; gradually add sugar, creaming till light. Add eggs, beating well after each. Sift together dry ingredients. Add alternately to creamed mixture with applesauce. Stir in raisins and nuts. Turn batter into greased and floured 9"x 13"x 2" pan. Bake at 350° F about 45 minutes or until done. Cool in pan.

BLUEBERRY SHORTBREAD TART

Barbara Swarzenbach

2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 cup sugar
1 cup butter (2 sticks)
1 egg
couple of drops of vanilla
1 quart fresh blueberries
1/4 cup sugar

Sift together dry ingredients. Cut in butter until mixture looks like coarse oatmeal. Mix in the egg and vanilla. Divide into thirds. Press 2/3 of mixture into a tart pan or pie pan, lining the bottom and sides. Layer fruit sprinkled with sugar until full. Divide remaining dough into three portions and press into pancakes. Place on top of the fruit. Bake at 350° F for approximately one hour.

PEACH COBBLER

Carol Mercurio

Filling:

8 cups sweetened peaches
1/2 cup brown sugar
1/4 cup cornstarch
1 cup juice or water
1/8 cup butter
1/8 cup lemon juice

Combine peaches and brown sugar in a large saucepan. Dissolve cornstarch in juice or water and add to fruit. Heat until juice is thick and bubbly, stirring frequently. Remove from heat; add butter and lemon juice. Place fruit in a 9"x13"x 2" casserole.

Topping:

2 cups biscuit mix
2/3 cup milk
1/4 cup melted butter
1/4 cup sugar

Mix together ingredients to make a soft dough. Drop by spoonfuls onto hot filling. Bake at 425° F until biscuits are golden brown.

RHUBARB-STRAWBERRY COBBLER

1 lb. fresh rhubarb, washed and cut into 1 inch pieces, or 4 cups frozen rhubarb, thawed

1-1/4 cups sugar
1/2 cup water
2-1/2 tablespoons cornstarch
2 pints fresh strawberries, washed and hulled, or 1 lb. frozen unsweetened strawberries about 4 cups, thawed

1/2 cup milk
2 cups buttermilk baking mix
1 tablespoon grated orange rind
1/3 cup sugar

Combine rhubarb, 3/4 cup sugar, and 1/4 cup water in a large saucepan. Cook over low heat, stirring occasionally, just until rhubarb is tender. Do not overcook. Combine remaining 1/4 cup water, cornstarch, and remaining 1/2 cup sugar in a bowl; stir until smooth. Stir into rhubarb. Cook, stirring constantly, until mixture thickens and bubbles. Stir in strawberries. Pour into 2 quart shallow baking dish. Turn on oven to 400° F. Place cookie sheet on rack below to catch drips.

Stir milk into baking mix in a medium sized bowl until soft dough forms. Turn out onto a floured surface. Knead 8 - 10 times. Roll out to a 9" x 13". Combine orange rind with sugar. Sprinkle over the surface of the dough. Roll up jelly roll style, starting with the long side. Cut crosswise into 18 slices, about 3/4 inch thick.

Remove fruit from oven. Arrange pinwheels over the top of the fruit. Bake 25 minutes or until the biscuits are golden brown.

BLACKBERRY COBBLER

Marion Pembroke

Filling:

4 cups fresh blackberries
4 tablespoons flour
1 cup sugar

1/2 teaspoon cinnamon

Mix together ingredients. Place in 8x8x2 inch baking dish. Dot with 1 or 2 tablespoons butter.

Topping:

2-1/3 cups Bisquick Baking mix
3 tablespoons sugar
3 tablespoons butter or margarine
1/2 cup milk

Mix ingredients until a soft dough forms. Spread dough on top of filling. Bake at 425° F for 20 minutes until crust is browned and fruit is bubbly. Great served with ice cream.

DESSERTS

BLUEBERRY COBBLER

Mary Forzaglia

1 cup all purpose flour
1/2 cup granulated sugar
1-1/2 teaspoons baking powder
1/2 cup milk
1/4 cup butter or margarine, softened
1 tablespoon cornstarch
1/2 cup cold water
1/4 cup brown sugar
3-1/2 cup blueberries
1 tablespoon butter or margarine
1 tablespoon lemon juice
2 tablespoons granulated sugar
1/4 teaspoon nutmeg
Vanilla Ice Cream (optional)

Preheat oven to 350° F.

For topping:

Stir together flour, 1/2 cup sugar, and baking powder. Add milk and 1/4 cup butter or margarine all at once. Stir until smooth; set aside.

For filling:

In a medium saucepan stir together brown sugar and cornstarch; stir in water. Add blueberries. Cook and stir over medium heat until thickened and bubbly. Add 1 tablespoon butter and lemon juice; stir until butter melts. Pour into a 1-1/2 quart ungreased casserole. Spoon topping in mounds over hot filling; spread evenly over filling. Sprinkle with a mixture of 2 tablespoons sugar and nutmeg. Bake for about 35 minutes or until bubbly and a toothpick inserted into the topping comes out clean. Serve warm with ice cream, if desired. Makes 6 servings.

BLUEBERRY BISCUITS

Kitty Patterson

2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
1/2 teaspoon cream of tartar
1 tablespoon sugar
1/2 cup shortening
2/3 cup milk

Filling - mix in bowl and set aside:

1/2 cup berries
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1 tablespoon sugar

Preheat oven to 425° F.

Biscuits: In a bowl mix together flour, salt, baking powder, cream of tartar, and sugar. Cut in shortening until well blended. Add milk; blend well. Remove from bowl and knead gently 10 times. Take 1/2 of dough and roll

into a 7 inch circle. Place berry mix on top of circle. Roll out rest of dough into 7 inch circle. Place it on top of berries. Pinch edges around circle together. Cut out biscuits with cutter. Bake on greased sheet 15 - 18 minutes. Peach variation: Replace berries with 2 peaches, sliced, 1 teaspoon sugar and 1/8 teaspoon nutmeg.

PEACHY PIZZA

1/2 cup butter or margarine
1 cup all purpose flour
1/4 cup sifted powdered sugar
2 tablespoons granulated sugar
2 tablespoons cornstarch
1/8 teaspoon ground mace
2/3 cup orange juice
1/2 cup currant jelly
2 medium peaches, pitted, peeled and sliced
2 medium nectarines, pitted and sliced
1 cup sliced strawberries
1/2 cup blueberries
1/2 cup green grapes, halved

For crust, in small mixer bowl beat margarine or butter with an electric mixer on medium high speed for 30 seconds. Gradually add flour and powdered sugar till well combined. Pat dough evenly over bottom and up sides of a 12 inch pizza pan. Bake at 350° F oven for 10 - 12 minutes, until golden brown; cool on a wire rack.

Meanwhile, for glaze, stir together granulated sugar, cornstarch, and mace in a medium saucepan. Stir in orange juice and jelly. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Cool slightly. Spread half of the glaze (about 2/3 cup) onto cooled crust. Arrange peach and nectarine slices around edges of the crust, then arrange strawberries working toward center of crust. Sprinkle all with blueberries and grapes. Drizzle remaining glaze over fruit. Chill until needed. Cut into wedges to serve. Serves 12.

MICROWAVE PEACH CRISP

A Bisquick recipe from General Mills

4 medium peaches, sliced (about 3 cups) or 2-16 ounce cans sliced peaches, drains
1/4 cup biscuit baking mix
1/2 cup quick cooking oats
1/2 cup brown sugar, packed
3 tablespoons butter, softened
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

Arrange peaches in microwave safe square dish, 8"x 8"x

DESSERTS

2". Mix remaining ingredients until crumbly, sprinkle over peaches. Microwave on high for 6 minutes; rotate dish 1/2 turn. Microwave uncovered until peaches are tender, 4 to 6 minutes longer. Serve with ice cream or whipped cream, if desired. Serves 6.

Conventional oven: Bake at 375° F until peaches are tender, about 30 to 35 minutes.

APPLE CRISP

Carol Mercurio

6 cups (6-8) apples, cored, peeled and sliced
2 tablespoons flour
1/2 cup sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt

Mix ingredients together. Place in 2 quart casserole. Sprinkle with crisp topping. Bake at 375° F until bubbly, about 45 minutes.

Crisp Topping:

1 cup flour
1 cup brown sugar (half light brown, half dark brown)
1/2 cup oats
1/2 cup butter, softened
Mix together dry ingredients. Cut in butter until crumbly.

RASPBERRY LIME PIE

Kitty Patterson

1 container Cool Whip
1 can sweetened condensed milk
juice of one lime
1 graham cracker crust or 12 graham cracker tart shells
1 pint to one quart fresh raspberries

Wisk together lime juice and sweetened condensed milk. Fold in Cool Whip, then fold in raspberries. Spread in graham cracker crust. Decorate with raspberries, if desired. Chill well.

STRAWBERRY YOGURT DESSERT

10 ounce package frozen sweetened strawberries
1 envelope unflavored gelatin
1 cup plain lowfat yogurt
1 teaspoon lemon juice
1/2 cup skim milk

Cut frozen strawberries into 12 pieces. Place lemon juice, gelatin and hot milk in a blender. Cover and blend at high speed while you count to 40. Add yogurt and blend briefly. Slowly add berry squares, blending after each addition. Pour into serving dishes and serve immediately or serve chilled. Mixture can also be used to fill a 9 inch

graham cracker pie crust. Makes 4 dessert servings or 6 pie servings. Calories: 131 per dessert serving or 144 per pie serving.

BERRY CHARLOTTE

NASGA

24 lady fingers
1 envelope plain gelatin
1/4 cup cold water
2 cups strawberries or raspberries
1 tablespoon lemon juice
1 cup plain low-fat yogurt
2 egg whites
1/2 cup confectioner's sugar
1 cup whole berries

Line a loaf pan on bottom and sides with lady fingers. Soften gelatin in water; place over hot water to dissolve. Blend berries in blender for 1 minute; strain into large bowl. Fold in gelatin, lemon juice, and yogurt. Beat egg whites until foamy, add sugar slowly, then whip until stiff peaks form. Fold egg whites into berry mixture; spoon over lady fingers. Crumble any leftover lady fingers over the top. Cover and refrigerate for four hours or overnight. To serve, invert Charlotte onto an oblong platter; garnish with remaining berries and more confectioner's sugar.

STRAWBERRIES JULIET

NASGA

2-1/2 cup fresh strawberries, crush one quarter
1/3 cup frozen whipped dessert topping, thawed
1/3 cup yogurt
1 tablespoon sugar

Combine crushed berries with whipped topping, yogurt, and sugar. Pour halved berries into sherbet glasses. Top with strawberry topping mixture. Serves four.

SUMMER FROZEN FRUIT BARS

An official 5 a Day recipe.

2 Cups strawberries (or other fruit can be substituted)
1 tablespoons sugar (optional)
1 teaspoon lemon juice

Puree fruit in blender, adding a tablespoon or two of water if necessary. Add sugar (if desired) and lemon juice and blend. Pour into bar molds or small cups and insert sticks. Freeze until solid. For most fruits less than 50 calories a serving.

DESSERTS

STRAWBERRY MARLOW

1 pound marshmallows
3 cups whole milk
2 cups strawberries or 1 pkg. frozen strawberries, thawed
1/4 cup sugar
3 cups whipping cream

Heat milk to scalding. Add Marshmallows and stir until melted. Refrigerate until mixture begins to thicken. Meanwhile, whip cream until it forms firm peaks. In an other bowl, mash strawberries well and add sugar. Mix well to dissolve sugar. Fold both mixtures into milk mixture and stir until well combined. Freeze in ice cream freezer according to manufacturer's directions.

BLACKBERRY ICE CREAM

Crush and sieve 1 quart blackberries. Stir into the pulpy juice 3/4 to 1 cup sugar. Chill thoroughly. Combine with 2 cups cream and 2 cups whipping cream. Freeze in ice cream freezer according to manufacturer's directions.

STRAWBERRY SHERBET

2/3 cup sugar
2/3 cup water
5 cups strawberries, hulled
2 tablespoons orange juice
2 tablespoons lemon juice

Combine sugar and water in a small saucepan and cook over medium heat, stirring constantly, until sugar dissolves; do not boil. Remove from heat and chill in refrigerator until cold. Puree berries. When sugar mixture is cold, combine with berry puree and juices; stir well. Process in an ice cream freezer according to manufacturer's directions. Makes one quart.

RASPBERRY SHERBET

Diane Jensen

1/2 gallon pineapple sherbet
2 bananas (firm) sliced into quarters
1 cup fresh (or frozen) raspberries

Soften sherbet slightly. Mix all ingredients in a large bowl. Refreeze. Serve in ice cream dishes.

STRAWBERRY BANANA SHERBET

NASGA

2 cups strawberries, hulled
4 medium, ripe bananas

1/2 cup sugar
juice of four oranges
1-1/2 lemons, squeezed
2 cups milk

Crush strawberries until smooth with fork or potato masher; set aside. Repeat with bananas in a separate bowl, add to strawberries and mix well. Stir in orange juice and lemon juice, then add milk. Freeze in ice cream freezer or in a shallow glass dish in the freezer. Stir every 30 minutes until frozen, which should take 30 to 40 minutes.

PIES

STRAWBERRY – RHUBARB PIE

Crust for 2 crust pie
3 cups chopped rhubarb (1 lb.)
2 cups strawberries, halved (1 pint)
3/4 cups sugar
4 tablespoon flour
1/8 teaspoon salt
1/4 teaspoon cinnamon
2 tablespoons butter or margarine

Combine rhubarb, cut in 3/4" pieces, and strawberries in bowl. Sprinkle on sugar, salt, flour and cinnamon; mix gently. Turn into pastry lined 9" pie pan; dot with butter. Top with pastry and flute edges; vent top. Bake in 400° F oven 40 minutes, or until crust is brown and juices bubble. Cool on rack.

FRENCH STRAWBERRY PIE

1 cup milk
1/3 cup sugar
2 tablespoons cornstarch
1 egg
1 quart strawberries, hulled
1 cup sugar
3 tablespoons cornstarch
1-9 inch pie shell, baked
Whipped Cream

In a medium saucepan mix first four ingredients. Cook on medium heat until thick. Spread custard in pie shell. Place half the berries in the custard. Mix the cornstarch with the sugar. Mash the remaining berries and add to the sugar mixture. Cook in a saucepan until clear and thick. Cool slightly and pour over strawberries in custard. Chill thoroughly. Cover with whipped cream.

STRAWBERRY GLACE PIE

Baked 9 inch pie shell
1-1/2 quarts strawberries
1 cup sugar
3 tablespoons cornstarch
1/2 cup water
whipped cream or topping

Hull, wash, and drain berries. Crush with a potato masher enough berries to make 1 cup. Combine sugar and cornstarch. Add crushed berries and water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking and stirring over low heat for 2 minutes. The mixture will be thick and translucent. Remove from heat. Arrange whole berries in crust, reserving a few choice ones for garnish. Pour cooked mixture over berries

and chill at least 2 hours. Serve topped with whipped cream. Garnish with remaining berries.

Variations: substitute individual tart shells for 9 inch pie shell; Combine 1-3 ounce package cream cheese, softened, with 1 tablespoon milk and spread over bottom of pie shell before adding berries. **Peach Glace Pie:** Follow recipe for Strawberry Glace Pie, except substitute 4 cups sliced peaches for 1 1/2 quarts strawberries.

RHUBARB CREAM PIE

Deborah Bock

2 cups of diced rhubarb
1 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
2 eggs, separated
3/4 cup sour cream
2 tablespoons flour
1 unbaked pie crust
3 tablespoons sugar for meringue

Mix ingredients, reserving egg whites for meringue. Pour mixture into unbaked pie crust and bake at 400° F for 35 minutes. Beat egg whites and sugar (you can add 1/4 teaspoon cream of tartar if desired) until peaks form. Spread over filling, sealing around edges carefully. Return to oven until the meringue turns golden brown at the peaks.

BLUEBERRY PIE

Pastry for 2 crust pie
4 cups frozen blueberries
1 cup sugar
1/3 cup flour
1 teaspoon grated lemon peel
1/8 teaspoon salt
2 tablespoon butter
Combine berries, sugar, flour, lemon peel, and salt. Place in pastry lined 9 inch pie pan. Dot with butter. Adjust top crust and flute edges; cut vents. Bake at 425° F 40 to 50 minutes, or until crust is lightly browned and juice bubbles through steam vents.

PEACHY PRALINE PIE

Unbaked 9 inch pie crust
3/4 cup granulated sugar
3 tablespoons flour
4 cups sliced peaches
1-1/2 teaspoons lemon juice
Praline:
1/3 cup brown sugar, firmly packed

PIES

1/4 cup flour
1/2 cup chopped pecans
3 tablespoons butter or margarine

Combine granulated sugar and 3 tablespoon flour in large bowl. Add peaches and lemon juice.

Combine brown sugar, flour and pecans in a small bowl. Mix in butter until mixture is crumbly. Sprinkle one third of mixture over bottom of pie shell; cover with peach mixture and sprinkle remaining pecan mixture over top. Bake at 400° F for about 40 minutes, or until peaches are tender.

PEACH BLACKBERRY CRUMBLE PIE

3 cups peaches, peeled and sliced
2 cups blackberries
1/2 cup sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
8" pie crust
Crumble topping:
1/2 cup flour
1/4 cup sugar
1/4 cup butter or margarine

Combine filling ingredients and place in unbaked pie crust. Cut butter in flour and sugar mixture for topping. Spread evenly over filling. Bake at 400° F oven for about 40 minutes until filling bubbles.

BLUE RIBBON PEACH PIE

Lois Toepfner

Heat oven to 400° F. Prepare a standard double crust for a 9 inch pie.

Filling:

4 cups sliced fresh freestone peaches (frozen, drained work too)
1 cup sugar, reserving 2 tablespoons
5 tablespoons flour
1/8 teaspoon salt
1/2 cup sour cream
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg

Place peaches on top of bottom pie crust. Mix together the sugar, flour, salt, and sour cream. Spread this mixture carefully over the peaches. Roll out the top crust and place it over the peach mixture; flute together the edges. Cut tiny vents in the crust. Mix together the reserved sugar, cinnamon and nutmeg. Sprinkle this over the entire top crust. Bake for 40 minutes.

PEACHES AND CREAM PIE

Carol Girargin & Persis Slayter

1-9 inch deep dish pie shell or 1-10 inch pie shell

Shell can be baked before filling. Prick shell sides and bottom. Bake at 375° F for 15 minutes.

Arrange 2-1/2 to 3 cups fresh sliced peaches (well drained frozen peaches work well, too) in the pie shell. Combine 3/4 cup sugar, 1/4 cup flour, 1/4 teaspoon salt, and 1/4 teaspoon nutmeg (1/2 teaspoon almond extract). Slowly add cream, stirring to prevent lumping. Pour mixture over peaches. Bake for approximately 35 - 45 minutes until browned and firm.

APPLE PIE

Pastry for 2 crust pie
3/4 to 1 cup sugar
2 tablespoons flour
1 teaspoon cinnamon
6 to 7 cups peeled, sliced apples
2 tablespoons butter

Combine apples, flour, sugar and cinnamon and mix. Heap into pastry lined 9 inch pie pan. Dot with butter. Adjust top crust and flute edges; cut vents. Bake at 425° F oven 50 to 60 minutes, or until crust is browned and apples are tender.

APPLE CRISP PIE

Kitty Patterson

1-9 inch pie shell
4-5 apples, peeled, cored and thinly sliced
3/4 cup plus 2-3 tablespoons sugar
3/4 cup flour
1/2 teaspoon cinnamon
1/4 teaspoon salt
3 tablespoons brown sugar
1/2 cup softened margarine

Toss apples with the 2-3 tablespoons sugar. Place into pie shell, rounding up in center. Combine remaining ingredients in bowl, mixing until mixture resembles moist crumbs. Sprinkle over top of apples. Bake 15 minutes at 425° F. Reduce heat to 350° F for 30 minutes more until crunchy and brown.

EXTRA RECIPES

GRILLED CHICKEN WITH STRAWBERRY CHUTNEY

PEPPER'S FINE FOODS, Northborough, MA

makes 12 servings

2 lbs. strawberries, hull and slice

1/4 cup balsamic vinegar

1/4 cup orange juice

2 tablespoon honey

2 tablespoon Dijon mustard

1 teaspoon red pepper flakes or 1 tablespoon finely diced
red pepper

2 tsp grated orange peel

2 oz raisins or currants

12 - 5 oz Chicken Breasts

Olive oil

Black pepper

Heat in a double boiler the vinegar, orange juice, honey and dijon mustard until warmed. Add strawberries, red pepper, orange peel, and raisins. Chill this mixture overnight. Brush chicken breasts with olive oil and sprinkle with black pepper. Grill over hot coals and top with and top with strawberry chutney.